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FEW DETAILS KNOWN ABOUT UPCOMING DOCUMENTARY & BOOK ON RECLUSIVE CATCHER IN THE RYE AUTHOR PAGE 16

All jazzed for Al Jazeera

Arab broadcaster promises to shake up U.S. media landscape with its launch of Al Jazeera America PAGE 13

A narcissistic piece of work

Got a brilliant boss with a serious personality disorder? Learn how to stay out of harm's way PAGE 22

Know where to park it

Keyboard warrior creates searchable parking database to help steer you clear of ticketed hotspots PAGE 5

NEWS WORTH SHARING.

Sarah Yatim: 'Good morning JUSTICE'

Police shooting. Slain teen's family lauds murder charges against officer, calls for investigation of other officers involved as well

JESSICA SMITH
jessica.smith@metronews.ca

When Sammy Yatim's family learned the cop who shot him was being charged with second-degree murder, the slain teen's family celebrated "justice" being done and quickly turned their attention to the officers who witnessed the shooting.

On Monday morning, shortly after the SIU announced it was laying second-degree murder charges against Const. James Forcillo, Sammy Yatim's sister, Sarah Yatim, tweeted: "Good morning JUSTICE."

Later, Yatim's family released a statement saying they were relieved by the charges, and called for further investigation into "the supervising police officer(s) and the other officers in attendance for their lack of intervention in this tragedy."

"We want to work now to ensure that Sammy's blood wasn't wasted and to prevent any other families from enduring such a tragedy," they said.

The SIU investigated only Forcillo and did not lay any charges against any of the other officers, including a sergeant who arrived on scene after the shooting and appears on video to have Tasered Yatim after he'd already been shot and had fallen to the floor of the streetcar.

That's enough evidence to support an assault charge, according to lawyer Peter Rosenthal, who has represented the families of a number of people who've been killed by police and will represent the family of Michael Eligon — who, like Yatim, was shot while he was carrying a knife — at an upcoming coroner's inquest.

"The SIU didn't (investigate the sergeant)," said Rosenthal. "Their mandate is only to charge officers if they're involved with serious injury or death and they figured, probably, that the Tasering wasn't what harmed Mr. Yatim."

Just because the SIU didn't investigate the sergeant, doesn't mean the Toronto Police Department shouldn't lay an assault charge against him, said Rosenthal.

Like the Yatim family, Rosenthal would like to see consequences for the officers who didn't appear to use any de-escalation techniques in handling the agitated teen.

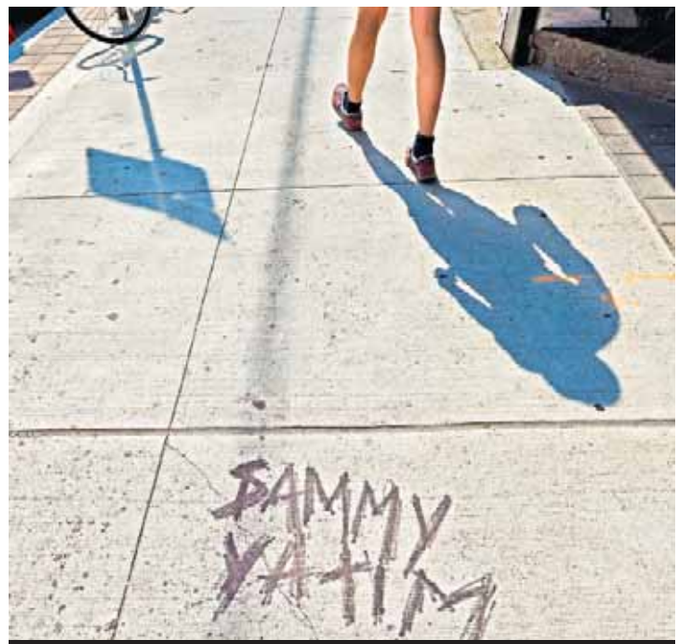
"In my view, it's up to the police chief to discipline the police officers who don't follow the de-escalation training they're given, whether or not they're guilty of criminal charges," he said.

More coverage, page 4

Quoted

"(It's) up to the police chief to discipline the police officers who don't follow the de-escalation training they're given, whether or not they're guilty of criminal charges."

Lawyer Peter Rosenthal



A pedestrian walks by Sammy Yatim's name etched on the sidewalk near the site where Yatim was killed on a streetcar by Const. James Forcillo. On Monday, the SIU said it was charging Forcillo with second-degree murder. TORSTAR NEWS SERVICE

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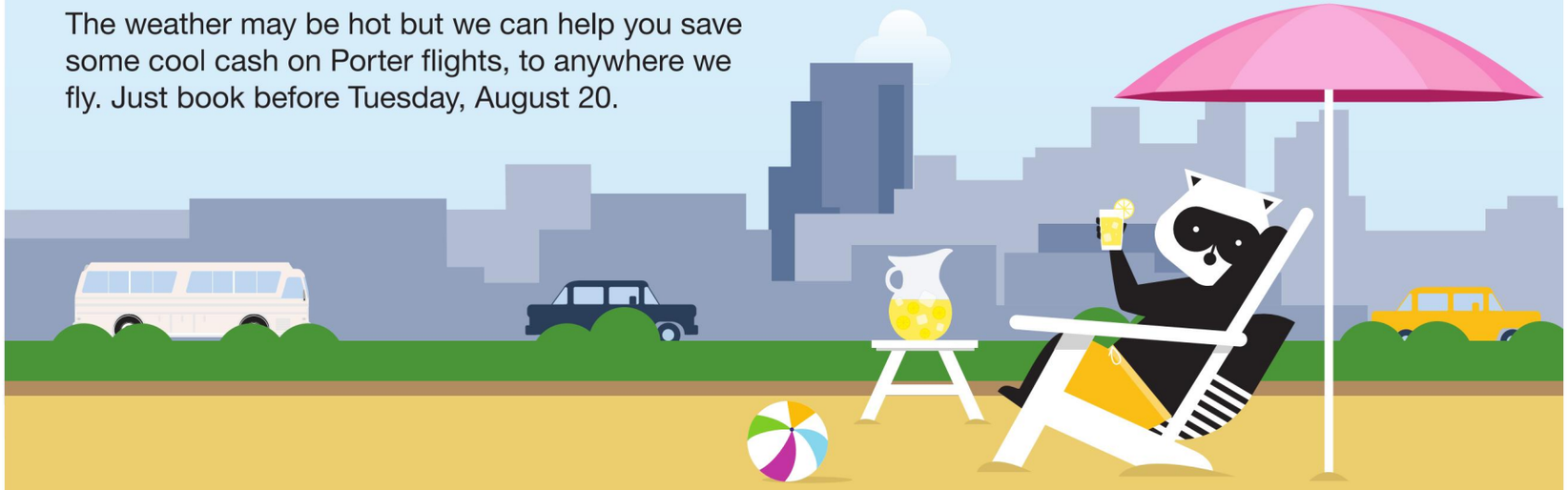

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Press council review

Ford offered chance to refute crack-video allegations

Rob Ford TORSTAR NEWS SERVICE

Mayor Rob Ford has been invited to take part in a public hearing to address complaints over a high-profile crack-cocaine video story by Torstar News Service.

After receiving 41 public complaints, most of them anonymous, the Ontario Press Council said Monday that it will hold two hearings into stories published in May by Torstar and The Globe and Mail. The council has invited the mayor to lodge a complaint so that he can make submissions to the Torstar hearing.

Should he choose to participate, the hearing would provide a forum for the mayor to refute the claims made in the story, which describes a video appearing to show him smoking crack cocaine and making racist and homophobic remarks.

The second story, appearing in the Globe, alleged that Coun. Doug Ford dealt hashish in high school. Doug Ford has also been invited to file a complaint to participate in that hearing.

The hearings will not look into the truth of the allegations, only whether they were responsibly reported. TORSTAR NEWS SERVICE

Jailed Canadians praised for passion, principles

Detained in Cairo. Generous doctor and award-winning filmmaker might simply have been unlucky

Tarek Loubani fled the ravages of the Gulf War, a young refugee who landed in Canada and went on to become an emergency doctor in London, Ont.

John Greyson, originally from Nelson, B.C., is an award-winning filmmaker and a York University professor lauded as a trailblazer in Canada's queer community.

On Monday, both Canadians remained in an Egyptian prison days after they were arrested, for reasons that remain unclear.

Minister of State for Foreign Affairs Lynne Yelich called for an explanation for their arrest. "We strongly believe that this is a case of two people being in the wrong place at the wrong time," she said.

Loubani, 32, was born in Kuwait, the son of Palestinian refugees; Greyson, 53, took part in the 2011 effort to sail a flotilla to Gaza to protest Israel's blockade of the territory.

"They're both very much driven by their principles," said Justin Podur, a mutual friend and environmental-studies professor at York, where Greyson teaches film. "They're really great people to know, and that's why so many people are keen to help them."

The pair travelled to Cairo last week en route to Gaza City, where Loubani has set up a joint medical-training program between Western University and the city's Al-Shifa Hospital. Greyson was to work on a movie.

In the face of instability along the route to Gaza, they decided to stay in Cairo longer than planned, Podur said. They were arrested on Friday.

Amit Shah, a doctor who practises with Loubani in London, described his colleague as a generous man who works tirelessly for those in need. "He really feels strongly about human dignity and equality," said Shah, describing Loubani's work with refugees to Canada, the homeless and mentally ill. "He's a true humanitarian," he said.

Greyson's collaborator David Wall said the filmmaker's work touches on political and emotional themes, including apartheid, AIDS and human relationships.

"He is a national treasure," he said of Greyson, whose work includes the Genie award-winning 1996 feature Lilies.

"He's dedicated and generous and has absolute integrity in every way," Wall said.

Speaking Monday in Whitehorse, Prime Minister Stephen Harper told reporters of the government's "extreme concern" over the detention. TORSTAR NEWS SERVICE

On the case

"We don't frankly know what evidence supports any such arrest and we have expressed our concerns directly to the Egyptian government."
Prime Minister Stephen Harper

Doctor has privileges curtailed

Bowmanville obstetrician Dr. Padamjit Singh is no longer permitted to deliver babies after botching two births, including one during which an infant's skull was crushed and another in which a newborn was asphyxiated. She will, however, be allowed to perform other procedures, including biopsies and cyst removals, with a restricted medical licence. The College of Physicians and Surgeons of Ontario has released the June 3 decision of its discipline committee, which ruled that Singh was incompetent.

STEVE RUSSELL/TORSTAR NEWS SERVICE

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Video evidence in Yatim case 'compelling,' lawyer says

James Forcillo. Trial may end in historical first

JESSICA SMITH
jessica.smith@metronews.ca

Toronto police Const. James Forcillo is set to turn himself in to the Special Investigations Unit Tuesday, to be arrested for the second-degree murder of Sammy Yatim.

It marks the beginning of a lengthy court process that could end in a historical first: No Toronto officers have ever been convicted of murder or manslaughter for an on-duty death.

The SIU would not disclose the location where Forcillo will be arrested because he has been the recipient of threats. He will then make a first appearance at Old City Hall court. He will seek a bail hearing, which could occur as early as Tuesday.

The only other Toronto policeman to be charged with murder was Toronto Emergency Task Force officer David Cavanagh, whose second-degree murder charge in relation to the death of Eric Osawe in 2010 was dropped in the preliminary hearing, which has been appealed.

Five TPS officers have been charged with manslaughter; all were acquitted.

In the Cavanagh case and other serious charges involving Toronto officers, video evidence has never played such a strong role, according to Steve Summerville, a retired staff sergeant with the Toronto Police Service, a certified court expert in use of force who has testified numerous times.

"But it's becoming more and more common," he said.

Video has played a more prominent role in some non-fatal incidents, said Summerville.

Quoted

"I hope that it never puts somebody into a position where they have to second-guess and somebody loses their life because of that decision."

TPA President Mike McCormack, who says he hopes the charges won't impact officers who find themselves in a situation where they have to decide whether or not they have to use their gun.

He testified for the defence of Barrie officer Jason Nevill, who was convicted of assault causing bodily harm, fabrication of evidence and obstruction of justice. Nevill was convicted, largely because of surveillance video evidence, said Summerville. According to Summerville, the video era of policing all goes back to a "life-changing event" when Los Angeles police officers were filmed beating Rodney King in 1991, and then there was testimony that didn't match what the video showed. "It's only grown, and grown and grown."

Lawyer Peter Rosenthal, who has represented the families of a number of people who've been killed by police, said the video evidence makes a strong case.

"I'm not aware of any case where there was such absolutely compelling evidence, that can't be argued with, to support a murder charge," he said, adding it is compelling because it shows Yatim was not close to anyone when he was shot at three times, and was on the floor when he was shot at six more times.

"It seems to be just an execution," he said. "There may have been incidents where this type of thing has happened before, but they weren't caught on video."

Rosenthal said he believes it was the video evidence itself — not the public outrage that followed — that caused the SIU to lay charges.

– WITH FILES FROM TORSTAR NEWS SERVICE

Toronto police watch over Const. James Forcillo's Toronto home on Monday, because of death threats to the officer's family. Forcillo was charged with the second-degree murder of Sammy Yatim. VINCE TALOTTA/TORSTAR NEWS SERVICE

VIA Rail plot suspect still balking at lawyers

Chiheb Esseghaier THE CANADIAN PRESS FILE

VIA Rail terrorism suspect Chiheb Esseghaier appears ready to head to trial without a lawyer, unless he finds one who puts the Qur'an above the legal system.

The Tunisian national maintained he doesn't want a lawyer who doesn't put the Qur'an first when he appeared via video link from the Toronto Don Jail during a scheduling hearing on Monday at Old City Hall courthouse.

Esseghaier, of Montreal, and Raed Jaser, of Toronto, are each charged with plotting an al-Qaida-sponsored attack to derail a passenger train between Toronto and New York.

Jaser was represented on Monday by lawyer Brydie Bethell, but Esseghaier appeared alone and repeated in court that he doesn't want any lawyer who doesn't give primacy to his holy book.

Crown attorney Sarah Shaikh told court the two accused have now received the bulk of the prosecution case against them. "Disclosure is now substantially complete," Shaikh told court.

Meanwhile, Torstar News Service and other media are seeking to access the information the RCMP gave to a judge to obtain search warrants.

In an earlier hearing, Esseghaier said he didn't want to read arguments written about the search warrants by John Norris, another of Jaser's lawyers, since they are based on laws "written by humans."

TORSTAR NEWS SERVICE

Charges

Esseghaier, 30, and Jaser, 35, face charges that include conspiring "with each other to murder unknown persons for the benefit of, at the direction of, or in association with a terrorist group."

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Where to get hot (parking) tickets

Mind your meters.
Toronto man's ticket-data website proving so popular that he's planning an app

One man's quest to turn five years of data on parking tickets into a searchable database could prove useful for drivers hoping to avoid hefty fines.

Parkintoronto.com was announced Sunday via Reddit and it's already racked up more than 4,000 hits in 24 hours, according to its creator.

One quick search and you can find out what hours, days of the week and months most parking tickets have been written for any given street in the city. Almost 50,000 tickets, the most in the city, were given at Sunnybrook Hospital, according to the data.

You can even check specific addresses and find out whether your chances of a ticket are more likely at 230 Front Street or 171 Front Street (spoiler: it's 230).

After finding the data while searching in Open Data Toronto, the site's creator Darek Kowalski, a self-described "keyboard warrior," said he couldn't leave it untouched.

"I was so shocked by the granularity of the data," Kowalski said. "I mean, they show the hour when tickets were given out, and I've got five years worth of this data. How can I not use it?"

Keith McDonald, a spokesperson for Open Data Toronto, said to their knowledge Kowalski is the first to create a searchable site based off the data.

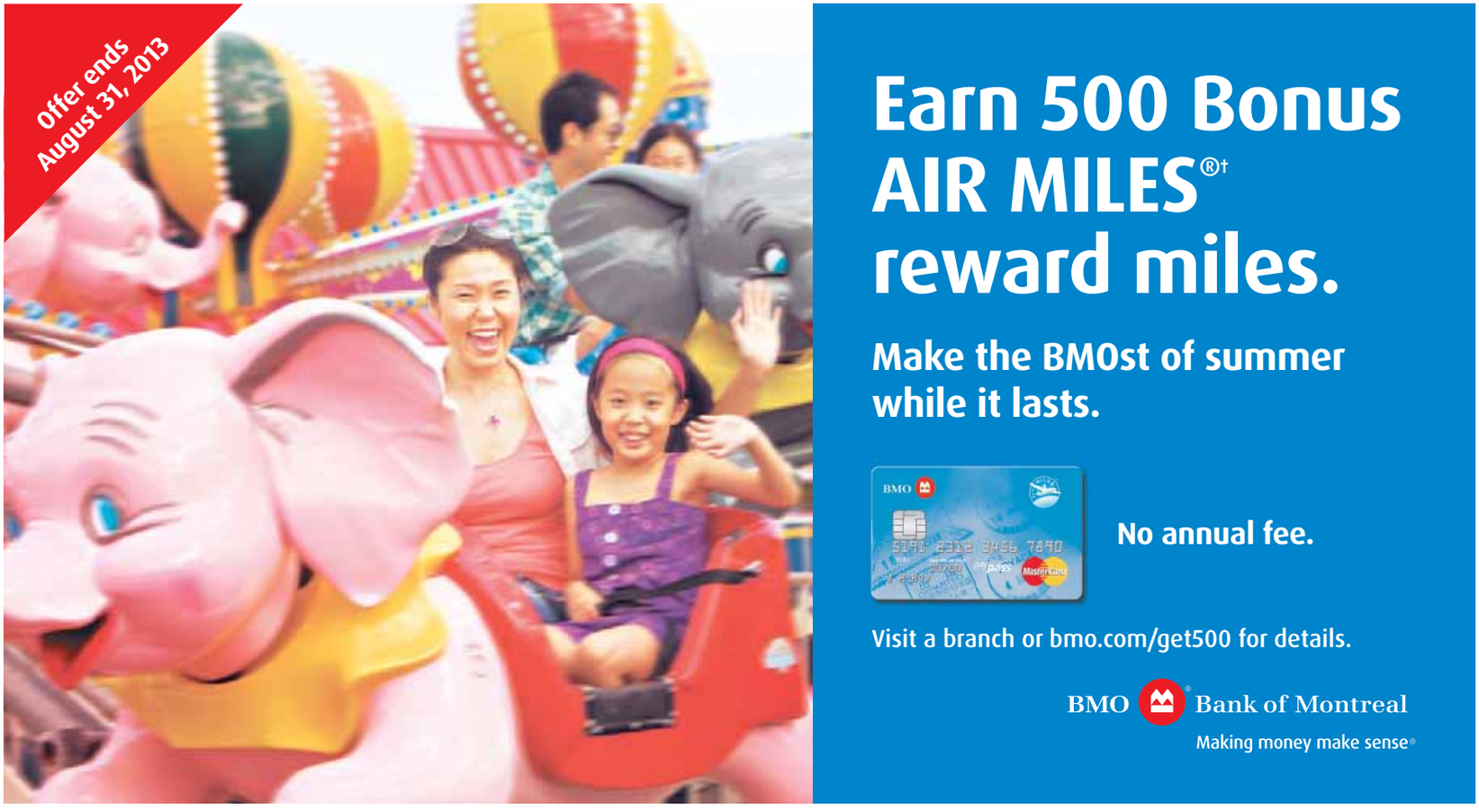
TORSTAR NEWS SERVICE

Darek Kowalski, creator of Parkintoronto.com, on Edward Street. His site tells you where to mind your meter. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Top 5 in Toronto

The worst places to park.

- **2075 Bayview Ave.** Sunnybrook Hospital, 49,888 tickets
- **1750 Finch Ave.** Seneca College, 39,792 tickets
- **20 Edward St.** World's Biggest Bookstore, 31,357 tickets
- **25 The West Mall.** Sherway Gardens, 20,231 tickets
- **60 Bloor St. W.** The Gap, 14,878 tickets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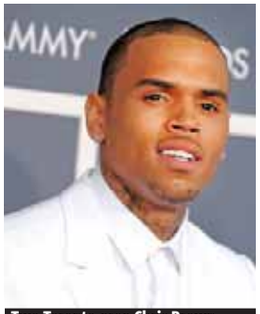

Two Toronto-area Chris Brown shows have been cancelled this summer. THE ASSOCIATED PRESS FILE

Chris Brown cancels Canadian concerts

Four summer concerts in Canada featuring Chris Brown have been cancelled because of the R&B star's personal and health problems, the events' promoter said Monday.

Brown was scheduled to perform at Wild Water Kingdom in Brampton on Aug. 30, as the headliner of the Z103.5 Summer Rush concert, in addition to shows in Halifax, Winnipeg and Saint John, N.B., but the owner of Drop Entertainment Group said the concert series was scrapped because they couldn't proceed without a headliner.

It is the second Toronto-area cancellation by the singer this summer.

"It was an ongoing consultation and conversation with Chris Brown and his management team," Stephen Tobin said in an interview.

"We came to a mutual understanding and decision to simply cancel all four scheduled performances."

Nicole Perna, Brown's publicist, said the decision to cancel wasn't due to personal or health problems, but she declined to specify what prompted the cancellations.

The announcement in July that Brown would headline the concert series was met with an outpouring of anger because of his past brushes with the law, including the 2009 assault of fellow star and ex-girlfriend Rihanna. In Halifax, corporate sponsors pulled their support and the city's mayor also spoke out against the event, saying he was disappointed Brown was invited to perform.

The Grammy Award-winning singer has also had recent legal troubles. On Friday, the 24-year-old had his probation reinstated and was sentenced to 1,000 hours of community labour after being involved in an alleged hit-and-run accident earlier this year. The hit-and-run charge was dismissed, but he agreed to a deal worked out in the chambers of a Los Angeles judge.

He is also facing a lawsuit launched last week by a man alleging assault and battery from a member of his entourage during a fight at a Hollywood recording studio in January.

Brown also suffered a seizure on Aug. 9. THE CANADIAN PRESS

Ottawa

PM to prorogue Parliament until October

Prime Minister Stephen Harper says he intends to ask the Governor General to prorogue Parliament, which means the House of Commons likely won't resume in September as originally scheduled.

Harper, who is currently on a week-long swing through northern Canada, says the government plans to deliver a throne speech in October after the Thanksgiving weekend, kicking off a new parliamentary session.

Most of the promises the Conservatives made in the last election have been fulfilled, and so the time has come for a new agenda, Harper told a news conference Monday in Whitehorse. THE CANADIAN PRESS

Middle East

Iran high schools to teach students drone-hunting

Iran's powerful Revolutionary Guards plan to teach drone-hunting to school students, an Iranian newspaper reported Monday.

The report by pro-reform Etemad daily quoted Gen. Ali Fazli as saying the new program will be taught as part of a "Defensive Readiness" lesson in high schools. He did not elaborate, but the plan suggests students would be taught to track and bring down drone aircraft by hacking their computer systems.

Iranian hardliners have long sought a larger role for the military in the country's education system. Students at both junior and senior high schools currently take courses focusing on "civil defence." THE ASSOCIATED PRESS

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'Fat letters': Helping fight obesity — or shaming kids?

Letters sent home with overweight children are called "fat letters" by some critics, who say they shame kids about their weight and increase bullying. RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

BMI testing. Some say it's an important tool to combat an epidemic, others say it's 'a terrible idea'

They've been called "fat letters" and critics say they increase bullying and shame kids for their body weight.

But a paper published Monday by the American Academy of Pediatrics argues that weighing and measuring the height of schoolchildren and sending letters home with overweight kids is important for combating the obesity epidemic.

This kind of screening has been going on in parts of the U.S. for more than a decade, and despite the objections, has led to positive lifestyle changes for many of the children identified as obese, the paper argues.

"Obesity is an epidemic in (the U.S.), and one that is compromising the health and life expectancy of our children. We must embrace any way possible to raise awareness of these concerns and to bring down the stigmas associated with obesity so that our children may grow to lead healthy adult lives," the author, Dr. Michael R. Flaherty, told Torstar News Service.

"It is a bitter pill. It's difficult for us as pediatricians to tell a parent their child is overweight or obese. But these letters were intended to be a confidential tool, another reminder to find professional help."

Not enough study has been done to conclusively state whether body mass index (BMI) testing or letters sent home are producing any behavioural change, Flaherty writes, though limited studies in Arkansas, the first state to implement school testing, show markedly positive outcomes.

Critics of BMI testing, which has now been implemented in 21 U.S. states, however, say the letters amount to "fat shaming" and encourage bullying, while not providing any proven solutions to parents.

"It's a terrible idea," said Dr. Yoni Freedhoff, founder and medical director of the Bariatric Medical Institute in Ottawa.

By the numbers

30

Canada, where 30 per cent of children are overweight or obese, is not far behind the U.S., where that number is 32 per cent.

"There are no known, reproducible, sustainable protocols for parents to follow once these children are singled out," he said. "Given we don't really have a solution at this point.... I worry tremendously about impact that well-intentioned schools and parents might have on a child's self-esteem, body image and relationship to food." TORSTAR NEWS SERVICE

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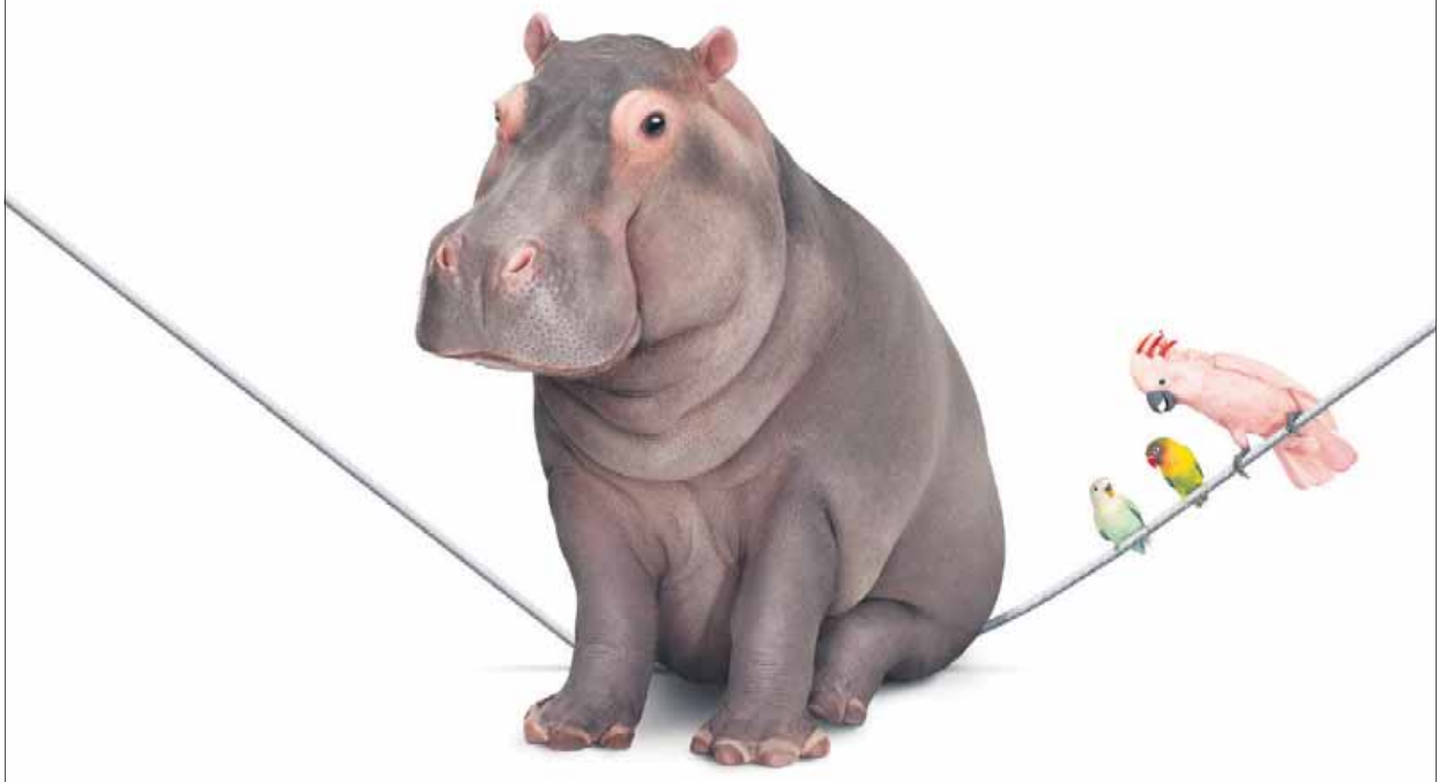

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Hillcrest Mall
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Screams heard before Pistorius shot girlfriend, court told

Murder indictment. Paralympian claims he thought girlfriend was a home intruder

Oscar Pistorius cries as he prays with his sister Aimee and brother Carl in the magistrate's court in Pretoria, South Africa, on Monday. THE ASSOCIATED PRESS

A woman screamed and then there was silence, according to South African prosecutors pressing a premeditated murder case against Oscar Pistorius.

Next, the indictment says, witnesses heard gunshots and more screaming at the home of the Paralympic champion, who says he shot his girlfriend by mistake.

The sequence of events outlined Monday could bolster an argument that the double-amputee Olympian was intent on killing Reeva Steenkamp after an altercation and was not reacting fearfully to what he thought was an intrusion in his home. Prosecutors revealed a list of more than 100 witnesses, some of whom live in the community where she was killed.

The athlete will face an additional charge of illegal possession of ammunition when his blockbuster trial starts on March 3 in a court in the South African capital, Pretoria.

The indictment in the Pretoria Magistrate's Court yielded new details about how prosecutors will pursue a case that has gripped the world because of the celebrity status of Pistorius, who overcame his disability to become a global phenomenon, only to see his name and accomplishments tarnished by his role in a violent death.

Remembering the victim

The timing of the indictment was melancholic because Reeva Steenkamp would have celebrated her 30th birthday on Monday.

The main charge laid by prosecutors carries a mandatory sentence of life imprisonment with a minimum of 25 years in prison if Pistorius is convicted.

Prosecutors also said in the indictment papers that Pistorius shot "with the intention to kill a person," and even if his story is found to be true, he was still guilty of murder.

That secondary argument seemingly allows for the possibility that Pistorius could escape the more serious charge of premeditated murder but still be convicted of murder without premeditation, which carries a sentence of 15 years in prison. THE ASSOCIATED PRESS

Autism. Cops investigate letter telling woman to euthanize her grandson

An Ontario woman whose autistic grandson was the target of a hateful letter is describing the words as sickening.

Brenda Millson says she received a letter on Friday that tells her family to "go live in a trailer in the woods" and even suggests her 13-year-old grandson be euthanized.

Millson's grandson lives with his parents in nearby Oshawa, but the boy has been visiting her in Newcastle.

She says the hate-filled letter left everyone in shock but the family hopes the case will raise awareness of the support needed by autistic children. Millson adds her neighbourhood has rallied around the family.

Durham regional police say they have been investigating since Friday. THE CANADIAN PRESS

India

Teen beaten to death over kite, police say

A group of teenagers beat a 17-year-old to death after a kite-flying dispute, Indian police said Monday.

Rajan Chand was flying a kite in Delhi Friday when he apparently angered another boy by snapping the line on his kite, police said.

The next evening the boy and three others attacked Chand and a friend, hitting Chand with a metal object and beating the two until they were unconscious, police said. Police have arrested a 16-year-old and a 17-year-old.

It was not clear if Chand had been in a kite-flying competition. Kite-flying can be fiercely competitive in South Asian countries, with competitors often coating their lines with powdered glass in order to slice through others' lines. THE ASSOCIATED PRESS

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Egypt. Officials may free jailed former president as violence continues

A court ruling Monday raised the possibility of jailed ex-president Hosni Mubarak walking free soon, a move that would fuel the unrest roiling the country after the autocratic leader's successor was removed in a military coup.

Underscoring the growing anger over Mohammed Morsi's ouster, suspected Islamic militants ambushed two minibuses carrying off-duty policemen in Egypt's Sinai Peninsula, forcing the men to lie on the sand and shooting 25 of them dead.

"They were marked in advance by the attackers," said Ashraf Abdullah, who heads the police branch the victims belonged to. He said the assailants checked the IDs of the men, who were not in uniform, to ensure they were policemen before opening fire.

The brazen daylight attack raised fears that the strategic desert region bordering Israel and the Gaza Strip could be plunged into a full-fledged insurgency.

The 25 slain police officers were given a funeral with full military honours.

THE ASSOCIATED PRESS

Ex-Egyptian president Hosni Mubarak
THE ASSOCIATED PRESS

Muslim Brotherhood

In a separate development early on Tuesday, police detained the supreme leader of the Muslim Brotherhood, the Islamist group from which Morsi hails, according to security officials and state television. They said Mohammed Badie was captured in an apartment in the eastern Cairo district of Nasr City.

'Against the coup'

A woman holds up a picture of Egypt's ousted president Mohammed Morsi, reading in Italian "Against the coup," during a demonstration in Rome Monday. A Human Rights Watch report accused Egyptian security forces of using excessive force when they moved last week to clear the larger of two sit-in protest camps. RICCARDO DE LUCA/THE ASSOCIATED PRESS

Driver beaten by angry mob. Train runs over pilgrims in India, killing dozens

A train ran over a group of Hindu pilgrims at a crowded station in eastern India early Monday, killing at least 37 people. A mob infuriated by the deaths beat the driver severely and set fire to coaches, officials said.

Several hours after the accident, flames and dark smoke could be seen billowing out of the train coaches, as protesters blocked firefighters from the station in Dhamara Ghat, a small town in Bihar state, officials said.

Dinesh Chandra Yadav, a local member of parliament, said the pilgrims were crossing the tracks in the packed, chaotic station when they were struck by the Rajya Rani Express train. Several other people were injured.

THE ASSOCIATED PRESS

Quoted

"The driver did not slow down when the train approached the station."

Kumar Ashutosh, a passenger on the train, who said it was difficult for the driver to stop as the train was going at a rapid speed when he realized there were people on the track.

Coaches of the Rajya Rani Express train burn after a mob set it on fire at a station in India on Monday. THE ASSOCIATED PRESS

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Mexican children returned to classrooms Monday, and they were getting a quick lesson: Schoolkids aren't the only ones who make mistakes. IVAN PIERRE AGUIRRE/THE ASSOCIATED PRESS

Mexican kids' textbooks found riddled with errors

Learning the hard way. Teachers given a list of at least 117 mistakes to manually correct

As Mexican children trooped back to school on Monday, they had already learned one lesson: You can't believe everything you read in your textbook.

Their new government-provided textbooks are riddled with errors: misspellings, bad grammar and punctuation — and at least one city located in the wrong state.

The foul-up is an embarrassment for a government that is trying to overhaul its much-criticized school system. Officials promised to give teachers a list of the errors so they can try to manually correct at least 117 mistakes. The Education Department acknowledged it found them only after 235 million elementary textbooks were being printed.

Education Secretary Emilio Chuayffet has called the errors "unforgivable" but says he was faced with choosing between stopping the printing and making sure the country's children had textbooks at the start of classes. THE ASSOCIATED PRESS

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Yorkdale Mall

Al Jazeera aims to shake up U.S. broadcast news

New York. As network launches in America, it promises to offer more journalism — and less yelling — than rivals

KIERON MONKS
Metro World News

Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America. COURTESY AL JAZEERA AMERICA

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's (AJA) Tuesday launch into more than 40 million homes could potentially transform the country's media landscape.

"U.S. news is driven by a different mandate — to reach the widest audience with the shallowest coverage," Joie Chen, former CNN and CBS news anchor, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.

"It's very different here; we are doing in-depth investigations that treat journalism with idealism and we are telling stories that have been ignored," says Chen, explaining why she joined the broadcaster.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised less opinion, less yelling and fewer celebrity sightings. Bureaus are to be established in unglamorous locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves. A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from Osama bin Laden.

Ontario. Safety League wants bongs out of corner stores

A growing number of convenience stores in Ontario sell crack pipes, bongs and other illegal drug paraphernalia right beside candy, milk and magazines, a public-safety advocacy group said Monday.

The Ontario Safety League said its mystery shoppers easily purchased dozens of drug-related items at convenience stores in big and small cities, including Toronto, Ottawa, Windsor, St. Catharines and Guelph.

Safety League president Brian Patterson said "it's irresponsible and illegal" for corner stores to openly display and sell items that enable illegal drug use, calling it "a blatant disregard" for the safety of the communities.

The group launched a campaign Monday calling on people to report any convenience stores selling inappropriate drug paraphernalia in their neighbourhood through Twitter with the hashtag #reportyourstore and said offenders would be reported to police.

THE CANADIAN PRESS

Market Minute

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96.69¢ (-0.03¢)

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Natural gas: $3.45 (+8¢)
Dow Jones: 15,010.74 (-70.73)

You owe me, Zuckerberg

Facebook CEO's page hacked to prove a point

After discovering a privacy bug on Facebook, unemployed Palestinian programmer Khalil Shreateh said he just wanted to collect the $500 US bounty the social network offers to those who voluntarily expose its glitches.

But when Facebook ignored his first two reports, Shreateh took his message to the top — and hacked into CEO Mark Zuckerberg's personal page to prove his point. The stunt cost the 30-year-old the bounty but earned him praise — and numerous job offers from around the world — for being able to get to the boss of the world's most ubiquitous social network.

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YOUR SUBTLE TWEET SOUNDS SNARKY

SHE SAYS

Jessica Napier
metronews.ca

In the seven years since its inception, Twitter has evolved into a multi-purpose communication tool used to break news, start revolutions and bring people together with a simple hashtag. The social-networking site has immense potential for social change and positivity. Unfortunately it also has a tendency to feel a lot like high school sometimes. There's perhaps no better example of this than the not-so-subtle sub-tweet.

Sub or "subliminal" tweeting is the act of posting tweets that are obviously about someone but not mentioning a specific individual's name or handle. The nuanced construction of the sub-tweet allows social-media users to call out other people in an anonymous and yet very public kind of fashion. Sadly, sub-tweets on the sweet side are few and far between; most are hostile and presumably typed with a middle finger.

For example, Miley Cyrus has been the target of plenty of online criticism lately thanks to the rather distasteful cultural appropriation she's been demonstrating as part of her latest image makeover. Last week she lashed out against one particular critic with this antagonistic sub-tweet: "I know what color my skin is. You can stop with the friendly reminders bitch."

A quick Google search will catch you up on her ongoing Twitter feud with rapper Azealia Banks (though you'll never get those five minutes of your life back) and help illustrate the concept of sub-tweeting. If you're still confused, try browsing through content tagged with #subtweet and you'll find an endless supply of snarky examples.

This passive-aggressive trash talking is popular among angst-filled teenagers and duelling celebrities, and watching these quarrels unfold in 140-character increments can be a guilty pleasure for those of us standing on the digital sidelines. The air of mystery contained in each sub-tweet appeals to gossip-hounds who love drama.

But while broadcasting a backhanded "you know what you did" memo across the Internet is a lot easier than the direct approach, using social media as a platform to engage in personal disputes reeks of cowardice and immaturity. Unlike open and honest communication, this non-confrontational form of confrontation does nothing to resolve issues or right wrongs.

Cheeky pot-stirring is one thing, but if you're actually looking to address real personal issues, then sub-tweeting is never the answer.

Conflict resolution is best done offline and in private, rather than bullying each other from behind the veil of our online avatars.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hands up! You are under the influence

COURTESY SEATTLE PD

Cops crack down on the munchies

The boys in blue took a break from busting heads at Seattle's Hempfest last weekend to hand out crispy snacks at the iconic Marijuana celebration — albeit with a request to not drive high — taking advantage of the recent legalization. Sgt. Sean Whitcomb explained his mixed-up day. **METRO**

Q and A

Operation Orange Fingers

Did people think this was an undercover sting?
Not many. This festival is not new and we've been around for 20 years. What's new is the change in law and our department is pioneering new and creative ways to reach festival-goers, and we'll keep looking for new ways.

Were you pleased to be able to connect with a previously off-limits section of society?
The idea to find creative ways to reach out has been around a while, and thus was born Operation Orange Fingers.

Will you be able to use this as a model to catch major crooks — like handing out snacks at a fictitious "crack festival"?
You have defined undercover police work.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Podcasts have been a limitless boon for catching up on the news, eavesdropping on intelligent debates or even learning a new skill. But sometimes you just want the yuks. Add these three to your iTunes subscriptions for a steady supply of laughs.

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When they're not busy indulging in far-afield tangents, the brothers McElroy dispense tongue-in-cheek "advice" to the baffled and confused seeking solutions to their frequently high-concept woes.

How Was Your Week:

The mighty Julie Klausner has a knack for making witty conversation seem effortless. Factor in her consistently excellent lineup of equally breezy guests and before you know it, an hour has slipped by.

The Bugle :

John Oliver just wrapped up a summer ably filling Jon Stewart's chair on The Daily Show, during which time many of us became quite accustomed to his version of mocking the world's news. Thankfully, you can avoid any withdrawal symptoms with a weekly dose of Oliver and Andy Zaltzman drolly riffing on world events.

Twitter

@metropicks asked: Toronto schools will measure students' BMI. How do you think this will affect childhood obesity?

@ThatDonnaGirl: 6 y.os will get fat letters and the American Academy of Pediatrics will wonder why 7 y.os have eating disorders

@Canucklehead_ca: Will just give kids another test to worry about failing. #BMIisTMI

@shopwithandrea: Toronto schools will start weighing students. This will just add to child insecurities. Not sure schools should do this.

@Cavemanbiff: Good nutrition, & fit bodies begin at home, under the guidance of parents.

@RunSoulCycle: Not as much as it will affect their self esteem & development of self concept - schools need 2B emotionally safe & inclusive.

@Zaedum: I think schools should just skip right to making activity and standing and stretching mandatory to learning. Not sitting all day

@HamiltonMetals: A lot of kids going to be off sick that day...

@StephMacHorn: Health Class should teach how to calculate BMI & discuss implications, but centring kids out even more won't help.

Follow @metropicks and take part in our daily poll.

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DVD reviews

Amour

Director. Michael Haneke

Stars. Jean-Louis Trintignant, Emmanuelle Riva, Isabelle Huppert

●●●●●

Michael Haneke's dramatic two-hander, the Palme d'Or winner at Cannes 2012, is a quietly devastating illustration of how tough the "for better or worse" marriage pact can be when "or worse" occurs. An elderly couple (veteran French actors Jean-Louis Trintignant and Emmanuelle Riva) are put to the test when the wife suffers one stroke and then another, robbing her first of speech and then mobility. Together they must find a way to endure as the end approaches. It's one of the simplest and arguably the most passionate films of Haneke's incredible career.

PETER HOWELL

Emperor

Director. Peter Webber

Stars. Matthew Fox, Tommy Lee Jones

●●●○○

Peter Webber accurately depicts Japan's physical and spiritual devastation in the wake of the Second World War's twin nuclear assaults, the firebombing of Tokyo and the nation's subsequent surrender to Allied forces. But the film falls prey to the temptations endemic to historical docudrama: the desire to pack a miniseries' worth of events into one feature-length film.

PETER HOWELL

Lake Bell wrote, directed and starred in the film In a World. CONTRIBUTED

Taking the spotlight

In a World. The voice-over industry gets its time to shine in a little film about family and sexism

Film fans everywhere can identify that movie-trailer voice: A booming baritone that entices viewers with cryptic explanations of the latest upcoming epic.

The business behind such voice work is the backdrop of Lake Bell's new film, In A World, of which she is the writer, director and star.

Real voice-over artists — the men and women who've spent years invisibly announcing the latest Taco Bell temptation, the promise of Firestone tires or upcoming Lifetime programs — say it's good to watch their profession being acknowledged on screen, even if the portrayal isn't perfect.

"It was fun to have that be a thing — that voice-over even got mentioned," said actor Steve Staley after seeing the film. "It was great to see our field get screen time in a realistic way," added Staley, who gives voice to cartoon and video-game characters and commercials.

The film, which expands to more theatres on Friday, begins with images of the most famous voice-over artist ever: Don LaFontaine, whose deep recitation of the phrase "in a world" opened countless movie trailers and made him a multimillionaire.

Since the actor's death in 2008, voice-over artists have vied for his crown, both in Bell's film and in real life. In the film, Bell's character aims to break gender boundaries by competing against the big boys to become the first female trailer voice. But to get the job, she'd have to beat out the reigning king: Her dad.

Things really have changed since LaFontaine's death, voice-over artists said, with most movie trailers now opting to go without any announcer at all. The previews that played before a recent Los Angeles showing of In A World... relied on onscreen text and clips of the actors talking rather than the bellowing "voice of God" to describe the picture.

The industry's marginalization of women is real, too.

"Women, in general, don't do trailers," said Martha Mayakis, a voice-over casting director and coach with TalkShop in Los Angeles. "Women do promos for TV shows."

There really are fewer outlets for female voices, echoed Chuck Klausmeyer, a voice-over artist, director and teacher.

"Women don't get as much copy as the men," he said. "Men are requested more than women for voice-overs for sure, partly because of that deep, authoritative voice that exists."

These experts spotted a few unrealistic elements on screen that everyday viewers would overlook.

Bell's character learns about the movie-trailer gig (for an upcoming "quadrilogy" called The Amazon Games) from a recording-studio engineer. In real life, it would be an agent providing that information. In the film, the engineer also serves as the director, but that's not how real voice-over recording sessions go down.

THE ASSOCIATED PRESS

All in the family

Lake Bell's film, which won a screenwriting award at the Sundance Film Festival, is really about a family that happens to do voice-overs. "It gives a little flavour of what the industry is like," says Martha Mayakis, a voice-over casting director. "It's a sweet little movie... not because of the voice-over angle, but the relationships in the family."

Salinger project kept hush hush by creator

Like author, like film. Details are still scant on upcoming documentary and book about private writer

J.D. Salinger at home in Cornish, N.H., with Emily Maxwell, the wife of William Maxwell, a close friend and Salinger's editor at The New Yorker.
CONTRIBUTED/THE STORY FACTORY/THE ASSOCIATED PRESS

For much of the nine years that Shane Salerno worked on his J.D. Salinger documentary and book, the project was a mystery worthy of the author himself.

Code names. Hidden identities. Surveillance cameras. Until 2010, when The Catcher in the Rye novelist died at age 91, only a handful of people were fully aware of what he was up to. Even now, with the release date of the film Salinger less than three weeks away, little is known about a production that draws upon more than 100 interviews and a trove of documents and rare photographs, and that promises many revelations about an author who still fascinates millions.

"I have worked (on) more than 200 documentaries in my career and Salinger was the most secretive and the most intense film I have ever worked on," said Buddy Squires, the film's cinematographer and co-producer who has worked on such Ken Burns documentaries as Jazz and The Central Park Five.

"This film was not run like a film production," said Jeffrey Doe, a co-editor and co-producer. "It was run like a CIA operation. Everything was compartmentalized, top secret and on a need-to-know basis. It was really intense."

More than three years after Salinger's death at his New Hampshire home, numerous questions remain unanswered, notably what — or if — he wrote during the self-imposed retirement of his final decades. The new Salinger book and movie are not the first projects ever billed as cracking the Salinger code, and the author's literary estate did not participate. But Salerno has won some important converts.

The Weinstein Company quickly signed up the movie after seeing it earlier this year, as did PBS, which reportedly paid seven figures and will air the documentary in January as the 200th instalment of its American Masters series. Simon & Schuster reportedly paid seven figures for the book, which runs 700 pages and was co-authored by Salerno and David Shields.

There have been reasons all along to value secrecy. The Salinger crew worried that early publicity would make some interview subjects reluctant to talk. They also cited the example of the Michael Moore documentary Sicko, which leaked online in advance of its release. For Salinger, emails were often sent under fake headers and online correspondence in general was minimized. Whether working on the book with Shields, or recruiting associates for the film, Salerno preferred handling business in person.

The film, which opens Sept. 6, is expected to be shown on more than 200 screens nationwide, a high number for a documentary. The book's planned first printing is for more than 100,000 copies. Salerno, 40, is best known as a screenwriter, with credits that include Savages and a planned sequel for Avatar.

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The Word

Summer of George: Prince William talks papahood

His newborn son is "a little bit of a rascal" and car seats can daunt any dad, Britain's Prince William says.

The second in line to the British throne has described his joy at introducing his son to the world on the steps of a London hospital last month — and about his nerves over fitting the car seat securely into the Land Rover before driving off.

William told CNN in his first interview since Prince George's birth on July 22 that both he and the Duchess of Cambridge couldn't wait to show off their son when they emerged from St. Mary's Hospital to meet the world's media a day later.

"I'm just glad he wasn't screaming his head off the whole way through," he said in an interview broadcast Monday.

William was quizzed on a range of child-rearing topics — from baby toys to diapers and sleep deprivation — and acknowledged that his expert performance sliding his child's car seat into the back of the royal four-wheel drive was a well-drilled exercise.

"Believe me, it wasn't my first time. And I know there's been speculation about that. I had to practice, I really did," he said.

William and his wife's assured, do-it-yourself performance in front of the hospital helped cement the couple's image as the modern face of Britain's monarchy. But William said the decision to take his own baby in hand and drive home in the glare of the international press was a way of establishing his independence.

THE ASSOCIATED PRESS

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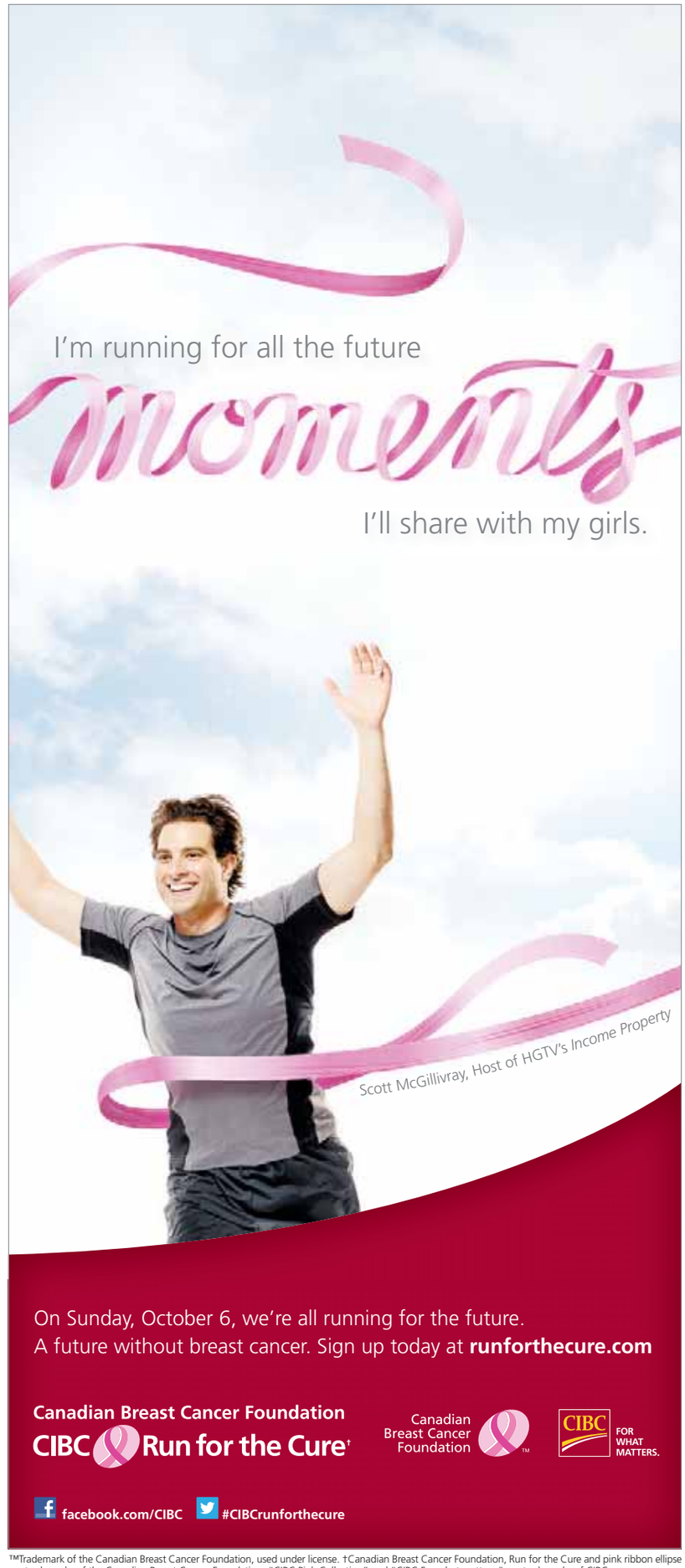
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The sexy back workout

5 easy moves for a strong, sculpted back by Kim Kardashian's trainer Joey Gonzalez, COO at Barry's Bootcamp.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Upward row

• Standing on the centre of a resistance band, cross the handles or ends of the band so that the band makes an X in front of you.
• Lift the handles or ends of the band up until they reach the point right under the chin.
• Slowly bring the arms all the way down in a controlled motion.
• Do 30 reps.

Back rows

• In a sitting position, wrap the resistance band around your feet and extend your legs out in front of you. Essentially what you're doing is creating a rowing machine.
• Imagine there's an egg resting on your spine and as you squeeze your shoulders behind you, visualize cracking that egg between your blades.
• Do 30 reps.

Military press

• Standing on the centre of a resistance band, press the handles up over your head, and then come back down to shoulder level in military press position, standing with your arms bent and your hands around about ear level.
• Repeat as many presses as you can in 30 to 60 seconds.

Whale trail

• Lie down on a bench (you want to be on your chest) and hug the front of the bench.
• Using your lower back muscles, lift your legs together at the same time — up and then lower, then down really slowly.
• Do 30 reps.

Side and front raise combination

• Lay down and lift your arms out to the side in a side lateral raise. Now pull your hands together in front and lower your arms down.
• Repeat this for 30 to 60 seconds (do as many as you can) and then move in the opposite direction for 30 seconds.

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Best health

Latest studies on family health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Kids who have high-quality mealtimes can avoid weight problems. ISTOCK IMAGES

In the September issue of Best Health, on newsstands now, deputy editor Jennifer Walker pulled together some of the new findings about family health. Here are a few:

Screen time
According to a New Zealand study, kids aged five to 18 who spent time right before bed on the computer, watching TV or playing video games took longer to fall asleep than those who spent less time on these activities. The blue light from the screen makes sleep difficult. Researchers suggest parents reduce their kids' screen time at least 90 minutes before bedtime. Adults should try to do the same.

Having meals together
Eating together as a family four times a week, for at least 20 minutes at a time, can help elementary school children from low-income families achieve and maintain a healthy weight, according to a U.S. study. Researchers studied 200 families and noted the importance of family meals, the effort they made to schedule them and the amount of interaction between family members. Kids who had high-quality mealtimes were less likely to have weight problems.

Vitamin D and pregnancy
Women are twice as likely to have lower-birth-weight babies if they are deficient in vitamin D during the first 14 weeks of pregnancy, says a U.S. study. Researchers believe this could be because such a deficiency impedes calcium absorption by the mother, which could reduce bone growth in the fetus.

Birth order linked to diabetes risk?
First-born children may be at greater risk of diabetes or high-blood pressure than their siblings. A New Zealand study found first-borns had lower insulin sensitivity and higher blood pressure levels. This may be due to changes in the uterus after a first pregnancy that result in better nutrient flow to the fetus in later pregnancies.

FOR MORE FITNESS, HEALTH, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP!

Is My Food Safe?

The U.S. Academy of Nutrition and Dietetics' new app Is My Food Safe? highlights four ways to avoid food poisoning:

Is it done yet? This option provides the user with the minimum internal cooking temperature that their food requires to be considered safe for consumption.

Time to toss? With information about when to throw out food you've been storing, this app helps to ensure that the food you are eating hasn't already gone bad.

Quiz: is my kitchen safe? Test your knowledge of kitchen safety, grade your kitchen on the subject and learn to use your kitchen to prepare food that is not contaminated.

Ask an expert The app answers common questions about food poisoning and provides safety tips and facts.

The app is free and available for iPhone and Android devices. JULIE KAYZERMAN/MWN

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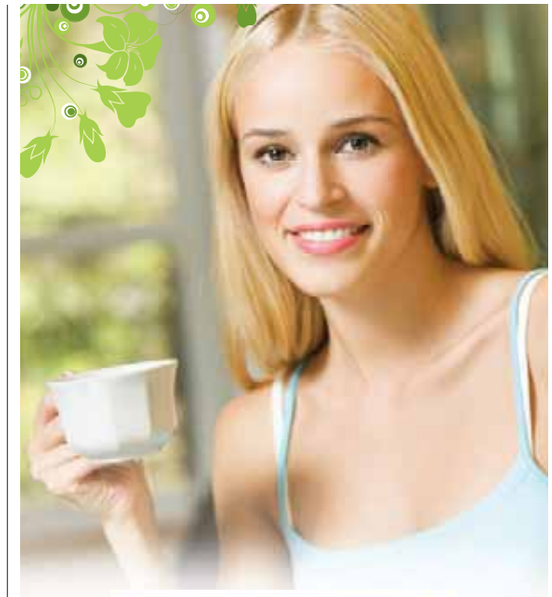

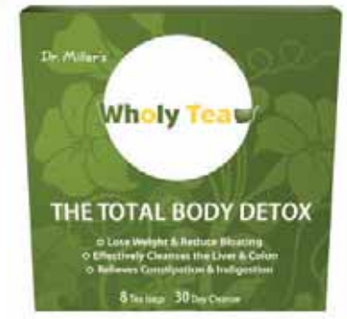
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There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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Heat up the barbecue for a very cherry twist on pork

One thing most of us don't do nearly enough of is grilled fruit. Not only is grilled fruit crazy delicious — thanks to the intense heat caramelizing all the natural sugars — it also pairs perfectly with savoury meats.

Before starting the recipe, compare the size of your cherries to the size of your grill grates. If the cherries are likely to fall through the gaps, use a grill pan over the grates.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 lbs pork tenderloins
- 1 1/2 tbsp fish sauce
- 1 1/2 cups fresh cherries, pitted
- 2 tbsp canola or vegetable oil, divided
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 tbsp cider vinegar
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper, to taste

1. Cut the tenderloin crosswise into rounds about 1 inch thick. One at a time, set each round between sheets of plastic wrap and use a meat mallet to pound to an even thickness of about 1/4 inch.

2. Transfer the flattened pork cutlets to a large zip-close plastic bag. Add the fish sauce, then shake to coat all of the pork. Squeeze the air from the bag, seal it and set side. This step can be done up to 24 hours ahead.

3. When ready to cook, heat the grill to high.

4. In a medium bowl, toss the cherries with 1 tablespoon of the oil until well coated. Carefully pour the cherries onto the grill grates and grill until lightly charred in spots and tender, about 2 to 3 minutes. Use tongs to return the cherries to the bowl. Set aside to cool slightly. Leave the grill on.

5. Once the cherries have cooled, add the onion, garlic, vinegar and cilantro. Mix well, then season with salt and pepper. Set aside.

6. Add the remaining tablespoon of oil to the bag of pork, then shake to coat. Grill the tenderloins for 2 to 3 minutes per side.

7. Arrange the cutlets on 6 serving plates, then top each with some of the grilled cherry salsa. THE ASSOCIATED PRESS

Health Solutions

Everything is just peachy

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is not August. It is peach season.

Baskets and baskets of local peaches make their way into my repertoire. They go into everything until I have had my fill, or my mid-September birthday, whichever comes first.

I set my calendar by peach season. It's like the lunar equinox for me. Get the picture? It's pretty peachy.

Here are some ways they make me moon.

- In a gazpacho, they add a golden hue and sweetness. Dunk in boiling water for 15 seconds to remove peel, pull pit and blend in.
- In freezer jam. Don't fuss with gelatin and canning, simply simmer with maple syrup and store in glass jars in the freezer and summer (the verb) all fall.
- Pan fried in butter as a yogurt topping.
- Brushed with butter and grilled as a side dish to fish.
- Slice and freeze wedges on parchment paper on a cookie sheet. Toss into plastic bags once frozen and add to cereal willy nilly ('cause peaches like willy nilly and fuzzy wuzzy).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Narcissists on the job: how to cope

At work. Author shares some tips on dealing with people with this personality disorder

JULIE KAYZERMAN
Metro World News

A narcissist's ability to make you feel good inside can draw you right into their world. Their magnetizing gaze can lock on you and make you feel important.

But the author of Freeing Yourself from the Narcissist in Your Life, Linda Martinez-Lewi, has offered ways to identify and deal with people with this fixed personality disorder in the workplace.

Take a step back

Although having the skills to identify a narcissist is important, it is imperative to be able to separate yourself from them at work in order to avoid being controlled. Martinez-Lewi says that if people don't, "they become a victim of narcissistic abuse."

"(Narcissists) project their unconscious impulses, feelings, thoughts, fears and rage onto the victim," says Martinez-Lewi. "They can be vindictive, they can get very angry." As a result, she adamantly calls on all victims to remember to make the mental and sometimes physical separation from the narcissist.

Protect yourself

Martinez-Lewi recommends taking good care of yourself by getting enough rest, eating healthy and exercising. However, your psychological state of mind is just as important.

"You (must) remain as separate and detached from them emotionally and as psychologically as you can," says Martinez-Lewi. Being rational and staying composed definitely will take practice, but if it avoids a volcanic confrontation, it's worth it.

"If something happens, you can point it out to them in a courteous way," says Martinez-Lewi. "You have to be very delicate. Don't confront them head-on, or they'll let you have it."

Kill 'em with kindness

"A narcissist can provide you with many opportunities, since their thinking is so grandiose," she says. "Use areas of your mind that you wouldn't have thought of otherwise." Martinez-Lewi says to compliment narcissists in a very authentic way, but be wary of getting too comfortable with them.

"Enjoy their good qualities," recommends Martinez-Lewi, "but always remember that they have a fixed personality disorder that is not going to change."

Narcissist in your life?

Martinez-Lewi describes these people as "great method actors" because while they're deceitful and lack a conscience, "they're playing a part. And in a way they kind of believe it."

- **Huge ego.** "Many of them are very grandiose," says Martinez-Lewi. "They have this sense of themselves that's larger than life and better than anyone. They are perfect and superior."
- **Ruthless and cut-throat.** Although narcissists do tend to have an outstanding brilliance, Martinez-Lewi explains that they are also unable to have any kind of emotional intimacy. "They will step over anybody to get what they want," says Martinez-Lewi.

Have you located a narcissist at your work? Kill them! (With kindness.) ISTOCK

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How to avoid the 7-day ramen diet

YOUR MONEY
Alison Griffiths
money@metronews.ca

"To eat or not eat, that is the question," emailed Jon Stonehauser, a sophomore at the University of Alberta. "Last year I was broke before Christmas. I'd like to make it to April this year without starving. Any thoughts?"

Jon, it's all about being proactive. Work through these eight steps and you should have enough for three squares until spring.

1. Budget:
There are many student budgets available, but I like the interactive calculator at the Financial Consumer Agency of Canada, fcac-acfc.gc.ca. (Go to choose a life event then paying for post secondary education.)

2. One-time expenses:
Sequester money for tuition, books, etc. right off the top and don't include it in income below.

When funding arrives, deposit one-time expenses for each semester in a separate account or pay it out immediately. The remainder will be used to pay regular monthly expenses and should be deposited in a savings account. If you are working, deposit wages in the same account.

3. Income:
Take what's left after separating number two's costs and divide by the months in school for your monthly income.

4. Needs:
Focus on the essentials first. Where you can't pick an exact figure, groceries, for example, estimate the cost on the budget spreadsheet.

Don't fill in discretionary expenses yet. Your goal is to figure out monthly essentials like food, transportation and rent.

5. Wants:
This category can easily blow up a student budget. Ballpark what you would like to spend on entertainment, clothing and take out. Be honest with yourself.

6. Juggle:
Chances are money out is greater than money in. If so, start cutting expenses or contemplate an income boost. Don't forget to add five per cent for emergencies.

7. Organize:
Once you have a monthly sum for regular expenses, set up a monthly transfer from savings to chequing to cover those costs.

8. App it:
There's no point in budgeting if you don't know where the money is going. MoneyWiz, CoinKeeper, Checkbook HD, Easy Envelope Budget Aid, iXpenseIt and Daily Expense Manager are all highly rated to keep track of your spending throughout the year.

It's not tough. It just takes a bit of time.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

How are you going to make it until April? Budget, that's how. ISTOCK IMAGES

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Four Mistakes that can Cost You on Car Insurance

Keep your rates low by avoiding these costly mistakes.

The cost of car insurance is a major expense for most people, and rising rates often seem unavoidable. But an increase in your premium is not always something you can't avoid. Often, simple errors lead to over-paying for insurance. These four mistakes are the quickest way to see higher premiums.

Earning a traffic ticket. Tickets are one of the most common reasons that insurance rates go up. Many different traffic violations can be responsible for an increase. Speeding, running right lights and careless driving are all violations that result in insurance rates that are higher. It takes three years before the ticket is removed from your driving record.

Not shopping for rates before you buy a new car. People often find themselves shocked by the cost of insurance on their new car, but there's a way to avoid that. Every car comes with a different insurance rating, and some are pricier than others to insure. When you're considering options, get car insurance quotes on each possibility before you make a buying decision.

Failure to shop around at regular intervals. Many people avoid it because they believe it's a hassle or think they can't get a better rate. This is one expensive mistake. People who take the time to shop around almost always pay less; and with internet quoting sites like InsuranceHotline.com, it's easier than ever.

Failing to take advantage of multi-policy discounts. What do your home and auto insurance have to do with each other? Well, if you insure them all in the same place, it could be quite a lot – of savings that is. Most insurance companies offer a multi-policy discount. If you don't have all of your policies in the same place, you could be missing out on some big savings on all of your policies.

Remember that the very best way to keep your insurance premiums low is to be a safe driver and shop around for better rates. Insurance quoting sites like InsuranceHotline.com can help by comparing your insurance rate against over 30 car insurance companies to find you a lower rate available for your driving profile.

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TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: AskForTask.com

What: An online site that connects people looking to complete projects/tasks with those willing to do them for a lower price

Where: 642 King St. West, Toronto

Why: "What we noticed was people weren't always looking for the lowest price, but the best value. They want someone who can complete a task or project for a reasonable price," says Muneeb Mushtaq, CEO and co-founder of AskForTask.com.

The Mushtaq brothers say at the end of the day, AskForTask.com is helping the economy and Canadians by putting a little cash back in their users' wallets. ASKFORTASK.COM

Are you in dire need of someone to put together your Ikea furniture? Or pick up your groceries and medication from the local Superstore? Or paint the guest room ahead of your mother-in-law's arrival?

Enter Muneeb, 22, and Nabeel Mushtaq, 19, co-founders of AskForTask.com — an online site that connects Canadians looking for help with a project (Askers) with people in their area who are willing to take on the job (Taskers).

The two brothers, from Mississauga, hope to change how Canadians find those willing to complete their run-of-the-mill tasks and projects, ranging from hands-on projects like building a shed in Thornhill to English tutorship in Little Italy.

The premise behind the company is easy to understand. An Asker with a project that needs to be completed signs up on the site and posts a description alongside what they'd be willing to pay. (The company takes a 10 per cent cut of monies.) A Tasker in their area then bids on the project and voila, you have AskForTask.com.

When the inevitable comparison to Craigslist is raised, Muneeb is quick to differentiate the startup from the U.S.-based million dollar enterprise that also connects users with similar issues.

"We have a new perspective on something that was critical for the industry," he says. "People don't want to scroll through pages and pages to find someone and hope they can fix their problem for a reasonable price."

The key differentiator for AskForTask from its competitors is its dispute centre that exists solely to help customers should they feel unsatisfied with a completed task — a far cry from the risk some users take when looking on other sites for help.

"We've never had an unsatisfied Asker who was disappointed with their project, but that doesn't mean it couldn't happen."

The Toronto-based company also allows users to leave feedback and comments on the Tasker's page after they've completed the agreed upon project. This allows future users the opportunity to judge a Tasker's skills and expertise, thereby creating a forever standing online reputation for good or bad.

"That person's profile acts as a resumé similar to eBay," says Muneeb. "People can review what others have said about that person's work and then decide whether or not they want to hire them."

E-laborate

• Go to metronews.ca/voices/mom-and-pop-shops for more on how AskForTask.com is changing to-do lists across Canada.

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Tennis

Federer, Raonic drop in ATP ranks

Roger Federer is sliding in the ATP rankings, now down to No. 7.

Federer, who spent more weeks at No. 1 than anyone, already had reached his lowest spot in a decade by dropping to No. 5 after Wimbledon — and he fell two more places Monday.

Thornhill's Milos Raonic slipped out of the top 10, dropping to No. 11.

Rafael Nadal rose to No. 2 from No. 3, swapping with Andy Murray.

THE ASSOCIATED PRESS

MLB

Pujols' season over, Angels say

The Los Angeles Angels say slugger Albert Pujols is done for the season because of an injured left foot.

Pujols hasn't played since July 26. He had been saying he wanted to return when his partially torn plantar fascia healed.

THE ASSOCIATED PRESS

Strange promo

Out of the park, into the cemetery

One "lucky" fan will win a free funeral package in a promotion that's more six feet under than it is over the top.

The triple-A affiliate of the Philadelphia Phillies, the Lehigh Valley IronPigs, plans to announce the winner of the fan giveaway at Tuesday's game.

Fans had to submit an essay describing their ideal funeral and explain why they deserved a free one.

THE ASSOCIATED PRESS

Yankees Alex Rodriguez, left, and Derek Jeter look on from the dugout during a game against the Tigers on Aug. 11 in New York. JIM MCISAAC/GETTY IMAGES

Divide between A-Rod and Yanks deepening

MLB. New York star's crusade to clear his name of allegations alienating team

Life with Alex Rodriguez breaks down in strange ways for the New York Yankees.

There's before and after games, and it's not real pleasant. "A litigious environment," general manager Brian Cashman calls it.

Then there are the hours when A-Rod is on the field and at the plate. Between the lines, among the pinstripes, it's one for all and all for one.

They co-exist in a setting that has few if any parallels in baseball history — a suspended star who is appealing his penalty and provoking his bosses on a near-daily basis.

Hardly a Field of Dreams scenario, far from The Pride of the Yankees. Instead, the most famous team in the sport is directly at odds with its own guy, who also happens to be the game's highest-paid player.

Yet when Boston pitcher Ryan Dempster hit Rodriguez with a fastball at Fenway Park on Sunday night — after throwing one pitch behind A-Rod's knees and two more inside — the New York bench and bullpen immediately emptied to defend him.

"I'm not sure how I would feel if I was on a different team," said centre-fielder Brett Gardner, "but Alex is my teammate and obviously we're glad to have him back in the room and glad to have him back on the field, helping us win ball games. It got us fired up."

That's more than Rodriguez and Cashman are saying to each other.

"I'm not comfortable talking to Alex on this stuff because I feel we're in a litigious environment," Cashman said Sunday. "Hello. Goodbye. And that's it. Because anything else, I don't want to be distorted, to be quite honest."

Not quite the ideal relationship between boss and employee. THE ASSOCIATED PRESS

League challenge

A lawyer for Alex Rodriguez declined MLB's challenge to make public the drug evidence that led to the 211-game suspension of the New York Yankees star.

- The MLB's Rob Manfred urged lawyer Joseph Tacopina on Monday to waive his client's confidentiality so the documents could be released.

4 SPORTS

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Horoscopes

♈ Aries
March 21 - April 20
Forget what others expect of you and do something that makes you feel good. It doesn't have to be anything special — a walk in the sunshine could be all it takes to give you a new perspective on life.

♉ Taurus
April 21 - May 21
Decisions about financial matters should be put off to another day. There is really no point wasting time worrying about how to make ends meet. You know it will all work out.

♊ Gemini
May 22 - June 21
Go out of your way to co-operate with people today, even with those who have been less than co-operative with you in the past. What happened yesterday or the day before is of no concern.

♋ Cancer
June 22 - July 23
Mars remains in your birth sign only until Aug. 28, so you have just over a week to make use of its powers. You cannot do everything at once but you can do something at once — so start doing it now.

♌ Leo
July 24 - Aug. 23
You've been struggling against forces you cannot defeat. As the Sun comes to the end of its annual cycle through your chart, you will realize there is no point struggling anymore.

♍ Virgo
Aug. 24 - Sept. 23
Think ahead but don't make too many plans because the Sun's change of signs on Thursday could shake things up. Besides, good ideas should always have time to simmer.

♎ Libra
Sept. 24 - Oct. 23
Stop rushing around and take time to chat with people you meet. Everyone has a story and one in particular could be of significance. If you learn something new, don't be afraid to use it to your advantage.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun moves in your favour on Thursday but before then there is a full moon in a particularly sensitive area of your chart. That means you must either finish a task right now or give up on it.

♐ Sagittarius
Nov. 23 - Dec. 21
Be free with your opinions, even if not everyone is happy to hear them. You are entitled to your viewpoint. At least, unlike some people, you appear you have one.

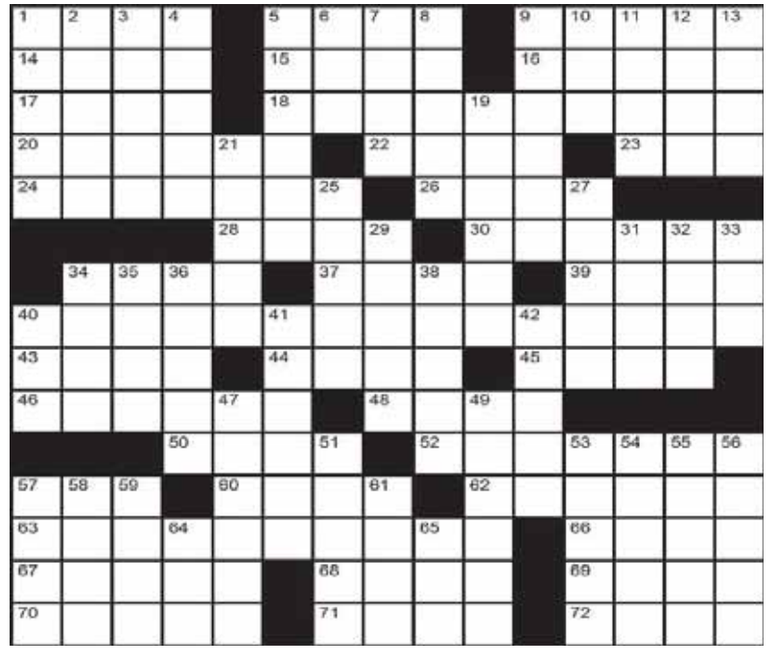
♑ Capricorn
Dec. 22 - Jan. 20
Be nice to people today, even people you can't stand the sight of. It doesn't take much to smile and, who knows, it may have a positive impact when next you meet. Stranger things have happened.

♒ Aquarius
Jan. 21 - Feb. 19
A loved one could say something hurtful today but you must not take it to heart. Either they are being too extreme or you are being too sensitive. Either way, blame it on the approaching full moon.

♓ Pisces
Feb. 20 - March 20
A grumpy person will make you listen to their complaints today. Smile sweetly and pretend you see their point and feel their pain. Then escape as quickly as you can. **SALLY BROMPTON**

Crossword: Canada Across and Down

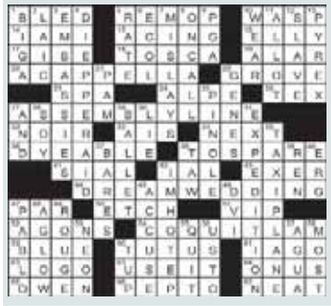
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. British raincoats, nicknamed
5. Woofs!
9. Like non-glossy makeup
14. Border on
15. May, in Lisbon
16. Boo-boo
17. Finale, in music
18. EPCOR CENTRE for the __ Arts, in Calgary
20. Cite as evidence
22. Tea type, __ Grey
23. Opera classic: "O Sole __"
24. Saskatchewan city southeast of Regina
26. Saloon slurp
28. Cat's cry!
30. Really tick off
34. Montreal-born singer of "Come to Me", France __
37. Kind of history
39. New York's Madison, et al.
40. "One Week" band from Scarborough, ON: 2 wds.
43. __ the Terrible
44. #43-Across, for one
45. 'Kind' suffix
46. Las Vegas hangout
48. Canadian figure skating great Mr. Browning
50. Convent denizens
52. Name of the MTV video music award
57. Crunched muscles, for short
60. Hoover Dam lake
62. Unspecified individual
63. __ House, Saskatchewan
66. Pond 'plant'
67. More right sounding
68. Ancient Roman's 2002
69. Retreat
70. Repetition mark, in music
71. Music's Ms. Murray
72. God of war in Greek mythology

Down
1. Parrot
2. Home
3. Blue Rodeo singer Jim
4. Baseball great Rusty
5. Unit of electric†current
6. Arctic explorer, John __
7. NBC's "Chicago __"
8. Couches
9. Arthurian wizard
10. Sleeve
11. Clip
12. Author Ms. Morrison
13. Consequently
19. Animal Farm author George
21. Curry powder ingredient
25. Secluded spots
27. Mark
29. Make mayhem, with Havoc
31. Car rental company
32. The Bee __
33. Curved letter
34. Second Cup serving, hip-style
35. Komodo dragons
36. Russian leader, b.1870-d.1924
38. Tight as _ __
40. Lighters brand
41. Somebody penitent
42. 19th-century composer Mr. Bruckner
47. __ uno!
49. Rock tour gig
51. Actress Ms. Hayek
53. Spiral-horned antelope
54. Tooth type
55. Actress Ms. Harmon
56. Approaches
57. Stars in movies
58. Hockey great, Pavel __
59. Self-satisfied
61. Curse
64. __ Folds Five
65. Author, Anais __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		1		3		5	
		2	9		8	7		
	9	5				8	6	
			2		6			
9								6
			3		4			
	1	7				5	2	
		4	8		2	3		
	8		7		5		1	

Yesterday's Sudoku

1	3	5	9	6	7	4	2	8
4	9	2	8	1	3	6	7	5
6	7	8	4	2	5	9	3	1
8	1	7	2	3	6	5	9	4
3	4	6	5	9	8	2	1	7
5	2	9	1	7	4	3	8	6
7	5	4	3	8	2	1	6	9
2	8	1	6	4	9	7	5	3
9	6	3	7	5	1	8	4	2

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